



PISTACHIOS MAY HELP WITH EXERCISE RECOVERY Emerging research presented at the 2022 Annual Meeting of the American

College of Sports Medicine (ACSM) suggests that pistachios can help to reduce muscle soreness and improve muscle strength recovery after strenuous exercise. Researchers looked at the effect of eating pistachios on exercise recovery in elite athletes after running downhill. Favorable results were seen in those who consumed 3 oz of pistachios per day. Rayo V, et al. Influence of pistachios on sports performance and oxidative stress following exercise-induced

Congresses. May 31-June 4, 2022.

muscle damage. Abstract presentation. American College of Sports Medicine 2022 Annual Meeting and World



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on the health benefits of pistachios.

For the latest research and more information



for peak performance this summer. DIETITIAN-APPROVED

Whether you're a regular exercise enthusiast or you simply enjoy outdoor activity in the sunshine, check out the recipes and tips below to fuel your body

EXERCISE RECOVERY SMOOTHIES CHOCOLATE CHERRY PIE SMOOTHIE

Ingredients



1/3 cup American pistachios

1 cup Cherries, frozen 2 tsp cacao

Makes one smoothie

1/2 tsp vanilla 1 cup Soy milk

SMOOTHIE

Ingredients

1 banana

Makes one smoothie

2/3 cup of Greek yogurt

1/4 cup of American pistachios

1 date, pitted

Directions Add all ingredients to a blender and blend until desired consistency. Enjoy!

SHERENE CHOU, MS, RDN CLICK HERE TO VIEW THE RECIPE ONLINE

cacao, cherries and American pistachios!





Directions Pour the pistachios, keeping some aside, in a blender and blend several times until a kind of

flour is obtained. Add the other ingredients and blend again until a creamy consistency is

reached. Pour into a glass and sprinkle the remaining pistachios, coarsely chopped with a knife, over the surface.

BECCI TWOMBLEY, RD, CSSD

to build and repair muscle after exercise.

tips from leading NFL sports dietitians click here.



CLICK HERE TO VIEW THE RECIPE ONLINE

Pistachios are a plant-based source of complete protein and provide as much protein per serving as an egg. Protein is essential for the body

For more information on the link between protein and exercise, including

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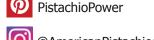
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